

Forum:[Hack Forums](#)

Thread: [Feeling strange after naps](#)

?YY? - March 25, 2014, 4:23 pm

Just woke up from a nap that was like 4 hours long. I know about power naps and all, but do you guys ever feel sad when you wake up?

It's like only seeing half of what's happening, and it also makes me feel sad because I didn't get anything done in that time.

Mike? - March 25, 2014, 4:24 pm

I usually wake up confused because I do not know what time it is.

Astral™ - March 25, 2014, 4:25 pm

I do, whenever I wake up from a nap I'll have mixed emotions. (Confused, sadness, anger)

?YY? - March 25, 2014, 4:26 pm

(Mar 25, 2014 04:24 PM)Mike? Wrote: [\[CITE\]](#) I usually wake up confused because I do not know what time it is.

Same, but it doesn't last for long since there is a clock right beside my bed. I feel like I had some work to get done, but I didn't finish it or something.

Happeh - March 25, 2014, 4:31 pm

Thats not a nap. A nap is like 30 minutes top. You're probably waking up feeling shitty because you just had a shitty sleep + irregular sleeping patterns are bad for you. Stick to a schedule and if you must sleep, set your alarm clock for 30 mins tops.

?YY? - March 25, 2014, 4:34 pm

(Mar 25, 2014 04:31 PM)Happeh Wrote: [\[CITE\]](#) Thats not a nap. A nap is like 30 minutes top. You're probably waking up feeling shitty because you just had a shitty sleep + irregular sleeping patterns are bad for you. Stick to a schedule and if you must sleep, set your alarm clock for 30 mins tops. It still counts as a nap in my head.

- >under amount of regular sleep
- >in daytime

Happeh - March 25, 2014, 4:35 pm

(Mar 25, 2014 04:34 PM)!!!!!! Wrote: [\[CITE\]](#) It still counts as a nap in my head.

- >under amount of regular sleep
- >in daytime
- >implying you still get the regular 8 hour god tier sleep after a 4 hour nap anyway
- >implying people dont work nights.

SoulHarvester - March 25, 2014, 4:36 pm

I just woke up from such a shitty nap. Slept at 3:40, woke up at 4:20 with a boner while wearing khaki's and my dick was red and my eyes are burning

?YY? - March 25, 2014, 4:36 pm

(Mar 25, 2014 04:35 PM)Happeh Wrote: [\[CITE\]](#) >implying you still get the regular 8 hour god tier sleep after a 4 hour nap anyway
>implying people dont work nights.
>i probably will just lay in the bed for 8 hours doing nothing since I can't go to sleep easily.
>i think I passed out from exhaustion

Factørial - March 25, 2014, 4:37 pm

Usually have this, mom always tells me to get a drink of water, wakes you right up. You can thank me later.

Promethazine. - March 25, 2014, 4:42 pm

Yh it's called 'waking up'. I mean, who wakes up happy? I always feel strange and disorientated aswell because I don't realize what time it is, where I am, what day it is, what I gotta do etc.

Happeh - March 25, 2014, 4:46 pm

(Mar 25, 2014 04:36 PM)!!!!!! Wrote: [\[CITE\]](#) >i probably will just lay in the bed for 8 hours doing nothing since I can't go to sleep easily.
>i think I passed out from exhaustion
>you have a problem.
>see a doctor.

eight - March 25, 2014, 4:46 pm

i think you people have problems if you don't know where you are.

Veld - March 25, 2014, 4:47 pm

I usually dont take naps. I only take naps on the weekends but during school/work nights it just a huge impact on time

Androctonus - March 25, 2014, 4:59 pm

Naps are weird. It throws off your internal clock and often makes people feel like they missed something or that something just isn't quite right. It will pass, it happens to me sometimes and for me the best cure is to immediately wake yourself up (coffee) and go do something productive.

Jeremy Mckinnon - March 25, 2014, 5:04 pm

(Mar 25, 2014 04:23 PM)!!!!!! Wrote: [\[CITE\]](#) Just woke up from a nap that was like 4 hours long. I know about power naps and all, but do you guys ever feel sad when you wake up?
You're meant to nap for like 20 - 30 minutes at the most. Anything longer than that and you go into actual "deep" sleep (can't remember the proper name) and then your body gets thrown off when you wake and you feel like shit.

Troye - March 25, 2014, 5:12 pm

(Mar 25, 2014 04:24 PM)Mike? Wrote: [\[CITE\]](#) I usually wake up confused because I do not know what time it is.
I'm with this. I just woke up from a nap and have no idea what is going on.

Hustla - March 25, 2014, 5:13 pm

To be honest I can't even nap. It's extremely hard for me to, I usually just lay in bed looking up at the ceiling.

Troye - March 25, 2014, 5:15 pm

(Mar 25, 2014 05:13 PM)Foreign Wrote: [\[CITE\]](#) To be honest I can't even nap. It's extremely hard for me to, I usually just lay in bed looking up at the ceiling.
Put on some of those sleeping music videos and you'll be out.

Professor James Moriarty - March 25, 2014, 5:16 pm

Maybe you feel strange because naps are usually for 20 mins not 4 hours.

~Jay~ - March 25, 2014, 6:36 pm

I always have a headache when I wake up from a nap. I usually avoid sleeping for less than 5 hours at a time because of this.

Clique - March 25, 2014, 8:25 pm

If you sleep too long, yeah. That's what happens. Screws up how you're supposed to sleep on a regular basis.

Keith Cozart - March 25, 2014, 8:26 pm

I always wake up confused and like feeling like ive time traveled and shit. its kinda weird.

MR.White - March 25, 2014, 8:28 pm

(Mar 25, 2014 04:46 PM)Happeh Wrote: [\[CITE\]](#) >you have a problem.

>see a doctor.

>Greentext doesnt work on this board.

NOAH - March 25, 2014, 8:29 pm

I slept from 5-10.

I was pissed off and high as shit,
so I felt happy, and fresh.

Duyere - March 25, 2014, 8:30 pm

From what I noticed, I've started feeling sad after sleeping for a long time.

Especially if the time spent sleeping wasn't intended.

But I do know that if you drink a cup of coffee right before you go to sleep, the caffeine will kick-in when you're awake, and you should feel less grogginess when you first wake up.

hackaquack - March 25, 2014, 8:51 pm

(Mar 25, 2014 04:24 PM)Mike? Wrote: [\[CITE\]](#) I usually wake up confused because I do not know what time it is.

Lol same here. I wake up randomly, go to the kitchen, make myself a sandwich, sit there wondering wtf and how tf I got there, finish my sandwich, go back to bed with a confused face and fall back asleep.

YeAt - March 25, 2014, 8:53 pm

its funny you mention this.. cause i always feel so weird after i take a nap.

vKade - March 25, 2014, 8:57 pm

Once I fall asleep for a nap I normally cant wake up and end up sleeping a full 8 hours and waking up at like 3am, lol

Meerkat?. - March 25, 2014, 9:01 pm

Same! I was going to take 1 hr nap today, i slept at 3:00 am, and just now woke up at 9:00 Pm. slept for fucking 6 hours, i got test tomorrow, im like WTF???

iNarrateYourLife - March 25, 2014, 9:56 pm

I wake up with a headache, and am super dehydrated, or I wake up, and am like "did i really fall sleep?" "FUCK" Because my philosophy on this is that sleeping is for night time not day time... Fuck naps.

